

The background of the entire image is a photograph showing the silhouettes of three cyclists riding their bikes. They are positioned in the lower half of the frame, moving from left to right. The sky above them is a deep blue with scattered, light-colored clouds. The sun is low on the horizon, creating a bright, hazy glow that silhouettes the cyclists and the clouds. The overall mood is active and scenic.

Bike

Chula Vista

Route Map and Information



McMillin Communities

Bike Chula Vista



Bicycling is great for everyone — communities, businesses, schools, and people. It promotes active lifestyles, reduces traffic congestion, and improves air quality; but most importantly, it's fun! We can all work toward a more bicycle friendly America.

Every trip by bike is one less car on the road. It's healthier for you and the environment!

Safety Tips

- Always wear a helmet.
- Perform the **"ABC Quick Check"** before every ride (Air in the tires, functioning Brakes, a Chain that shifts correctly and is properly lubed, **quick** releases tightened and a general **check** of the bike for loose parts).
- Keep your hands on the handlebars at all times.

- Wear proper attire for riding. If wearing pants, make sure to strap/fold the right pant leg.
- If riding at night, have proper reflectors, a headlight, and a tail light.
- Keep a safe distance from parked cars.

Rules of the Road (on your bike)

Ride on the right. Always ride WITH the flow of traffic and never against it.

Ride predictably. Follow the same rules motorists do, and ride in a straight line without swerving (unless avoiding an obstacle).

Obey traffic control devices (signs, signals, lane markings). Bicyclists must follow the rules of the road, too.

Enter streets and intersections cautiously. Check for oncoming traffic.

Protect your head. Always wear a helmet, even on a short trip. In an accident, a helmet can prevent serious injury to your brain.

Follow lane markings. Don't turn left from the right lane or ride straight through an intersection in a lane marked "Right-Turn Only."

Ride correctly through intersections. Use the right-most lane that goes in your direction. If heading straight, get in the "thru" lane.

Signal before you move or stop. Hand signals let drivers and others know what you intend to do.

Ride defensively. Anticipate hazards and be ready to adjust your position in traffic.

Be visible and be seen. Wear bright colors to increase visibility and make eye contact with drivers.

Look behind you. Practice how to look over your shoulder and not swerve or lose balance. Rear-view mirrors are an option.

Signaling:



Stopping or Slowing Down: Point LEFT arm down and slightly out to the side.



Left Turn: Extend LEFT arm straight out.



Right Turn:
Option 1: Bend LEFT arm in 90° angle with hand up.



Option 2: Extend RIGHT arm straight out.

BICYCLE-FRIENDLY BUSINESSES

What can your organization do to be bicycle friendly?

- Provide bike racks, bike lockers.
- Provide free showers on-site for employee use.
- Provide incentives for employees to bike to work.
- Support or sponsor a bicycle team/club.
- Provide bicycle education materials or have a cycling instructor visit your organization to teach cycling fundamentals: bicycling handling skills, rules of the road, and simple mechanical fixes. (education@sdcbc.org)
- Designate a bike coordinator to promote cycling.
- Become certified as an official "bicycle-friendly" business through the *League of American Bicyclists* ... it's easy and free!

You can also learn more on how to promote cycling in your organization and community by visiting the San Diego Bicycle Coalition's website at www.sdcbc.com or the *League of American Bicyclists'* website at www.bikeleague.org.

For more information about bicycling and other alternative transportation options in Chula Vista, visit www.chulavistaca.gov/clean or call (619) 409-3893.



A Bicycle Friendly Community

OUR SPONSORS

This map was funded through a grant from the National Association of Realtors in partnership with the Pacific Southwest Association of Realtors.



LOCAL SHOPS FOR BIKES AND MORE



NOTE: See map on reverse side for locations

Bicycle Warehouse

680 L St., Chula Vista
(619) 498-4900

Cycling retailer

- Bicycles
- Accessories
- Bicycle Trade-ins

Ocean Bikes

895 Palomar St., Ste E,
Chula Vista
(619) 423-1686

Cycling retailer

- Repairs/Parts
- Bike Restoration
- Bike Refurbishing
- Accessories/Apparel

Performance Bicycle Shop

3901 Bonita Rd., Bonita
(619) 422-3098

Cycling retailer

- Bicycles
- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair/Parts

Pulse

Endurance Sports

1020 Tierra Del Rey # A2,
Chula Vista
(619) 656-5222

Professional bike and running specialty store

- Bikes & Accessories
- Running Shoes & Gear
- Triathlon Gear
- Bike Service/Pro Fitting

REI Chula Vista

Otay Ranch Town Center
2015 Birch Rd., Ste 150,
Chula Vista
(619) 591-4924

Outdoor recreational equipment

- Bicycles
- Rollerblades/Skates
- Running Gear
- Accessories/Apparel
- Classes
- Strollers/Bike Trailers

South Bay Bicycles, Inc.

250 Third Ave., Chula Vista
(619) 477-1445

Recreational equipment

- Bicycles
- Accessories/Apparel
- Service/Repair

Sports Authority

Terra Nova Plaza
390 East H St., Chula Vista
(619) 476-7234

Recreational equipment

- Bicycles
- Accessories/Apparel

Trek Bicycle Superstore

901 Lane Ave., Chula Vista
(619) 216-9123

Bicycle superstore

- Bicycles
- Accessories/Apparel
- Bicycle Trade-ins
- Service/Repair



This map is also available online at:

www.chulavistaca.gov/goto/bikechulavista

For more info about this or other environmental programs, contact Conservation & Environmental Services at (619) 409-3893 or visit www.chulavistaca.gov/clean

Se hablan español.